



Rehab Gym

FutureCare Capital Region Rehabilitation and Wellness Center is the areas premier short-stay rehabilitation center featuring an expansive 4,500 sq ft. rehab suite, The Capital Cafe and several bistros, a library, and Capital Clips Salon.



Dialysis Suite

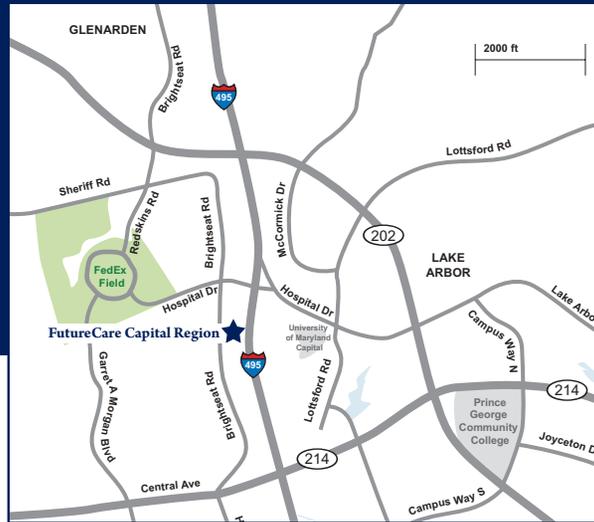
Enjoy elegant private and semi-private rooms with private baths and showers, hardwood floors, Wi-Fi and flat screen televisions. Capital Region also offers in-house dialysis and a 36 bed Progressive Pulmonary Care Unit for ventilator care.



Private Room



General Directions: Take 495 to Exit 16/Arena Drive toward FedEx stadium. At the next intersection turn left onto Brightseat Road. FutureCare Capital Region will be on the left.



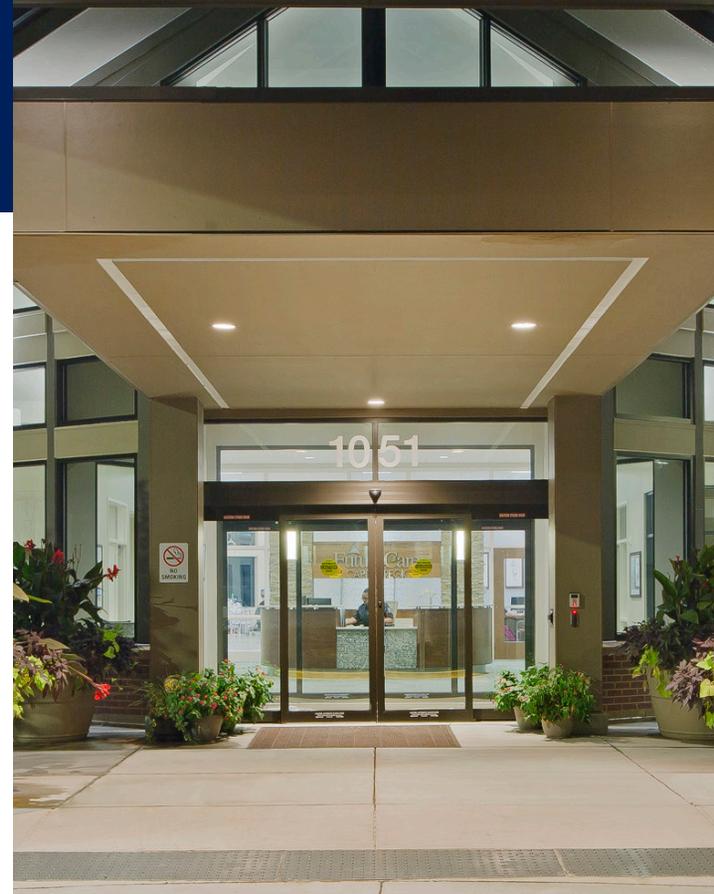
FutureCare Capital Region is convenient to all of the Capital area's medical centers and public transportation.



1051 Brightseat Road Landover, MD 20785  
240-487-4400 • FutureCare.com



Featuring **VitalStrong**<sup>™</sup>  
Rehabilitation



# Getting you home faster and stronger

Our **VitalStrong™** programs provide state-of-the-art clinical and rehabilitation services utilizing progressive technology, education to help you better understand your disease process, and an interdisciplinary team approach to get you home faster and stronger!

Our team of experts, including licensed physical and occupational therapists and speech language pathologists, provide therapy services up to seven days per week.

FutureCare Capital Region is proud to be a **WalkStrong Center of Excellence** for orthopedic rehabilitation.



## Services and Amenities

- Nurse practitioner and physician services
- Around-the-clock nursing services
- **VitalStrong™** - Comprehensive rehab services up to seven days a week featuring state-of-the-art rehab equipment and treatment modalities
- **WalkStrong™** - Orthopedic rehabilitation program
- Physical therapy, occupational therapy and speech language pathology
- Out-patient rehabilitation
- Pulmonary/Ventilator Care
- On-site dialysis center
- Wound care
- Pain management
- Pharmacy, laboratory and radiology services
- Nutritional services
- Case management and social services
- Therapeutic recreational activities
- Fully appointed beauty salon
- Beautifully landscaped courtyard and grounds

## State-of-the-Art Rehab Equipment

**Alter G Anti-Gravity Treadmill** - Allows accurate, safe and comfortable partial weight bearing while promoting normal gait pattern.

**Noraxon Phystread Pressure Treadmill** - provides an analysis of force and pressure distribution during standing, walking and running.

**Keiser Functional Trainer and Wheelchair Accessible Trainer** - Functional strength trainer for a complete body workout.

**BITS: Bioness Integrated Therapy System** - Interactive touchscreen program for use in PT, OT and SLP. The computerized activities focus on visual scanning, visual motor, visual pursuit and cognition.

**Game Ready** - Cold compression system for musculoskeletal and soft tissue injuries.

**HawkGrips** - Manual soft tissue mobilization instruments used to break down scar tissue and other soft tissue restrictions.

**FEES** - Fiberoptic endoscopic evaluation of swallowing.

**VitalStim Plus** - Neuromuscular electrical stimulator which re-educates muscles involved in swallowing.

**Additional equipment includes, but not limited to: E-Stim, Ultrasound, Diathermy, Cybex Universal Trainer, Video Stroboscopy, Tollos Lift System, SciFit Recumbent Stepper**